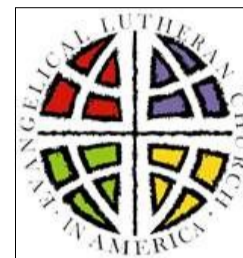


Advent Lutheran Church Newsletter



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A MOTHER'S FORGIVENESS

by Wendell Berry

I was your rebellious son,
do you remember? Sometimes
I wonder if you do remember
so complete has your forgiveness been.

So complete has your forgiveness been
I wonder sometimes if it did not
precede my wrong, and I erred,
safe found, within your love,

prepared ahead of me, the way home,
or my bed at night, so that almost
I should forgive you, who perhaps
foresaw the worst that I might do,

and forgave before I could act,
causing me to smile now, looking back,
to see how paltry was my worst,
compared to your forgiveness of it

already given. And this, then,
is the vision of that Heaven of which
we have heard, where those who love
each other have forgiven each other,

Where for that, the leaves are green,
the light a music in the air,
and all is unentangled,
and all is undismayed.

*(Submitted by **Wes Todd**)*

LETTER FROM THE COUNCIL PRESIDENT

By Sharon Pegau

This is harvest time for me and so you
won't see a President's letter until all the
pears and plums are put up. I look forward
to writing letters again in a month or two.



Online Worship:

www.youtube.com/c/adventlutheranspokane

PASTOR MATT'S CORNER

By Pastor Matthew Larson

Every year on the last Sunday in October, many churches set aside the day as **"Reformation Sunday."** If you didn't grow up with this practice, you may wonder where this tradition comes from, and why some congregations continue to practice it.

So ... what is Reformation Sunday, and why should we care?



The History of Reformation Sunday

Our story begins in the 16th century – 1517, to be exact. Bear with us here – what follows is a very simplified explanation of complex theological, political, and economic events that all coincided.

Across Europe, the Roman Catholic Church was engaged in one of the greatest fundraisers in all of history. If a person – out of contrition for their sins and as a sign of repentance – made a financial gift to help with the building Saint Peter's Basilica in Rome, then the church would furnish that person with a certificate acknowledging that gift and promising that they or their loved ones would be freed from a portion of the misery expected in the afterlife.

In short, the church at that time taught that even those bound for heaven had to be cleansed of their earthly sins and this cleansing (purging) in the afterlife took place in a place called Purgatory. The certificates offered by the church (called "Indulgences") promised to lessen this time of cleansing for oneself or others who have already died. There were some very nuanced explanations of this practice at the time.

And there were other very crass explanations that basically amounted to people paying to be forgiven. November 1st was an important day for the selling and buying of these indulgences, known as All Saints Day on the church's calendar.

The day before a German Monk named Martin Luther posted a list of 95 Theses – 95 reasons that he objected to this practice of selling indulgences. Along with other writings by

Martin Luther, those 95 Reasons went viral.

Luther insisted that we are not forgiven because of anything we do – including the buying of Indulgences or doing enough good work. ***Instead, we are forgiven because of who God is.*** We are loved and forgiven because God is full of grace and mercy.

His teachings and writings got Martin Luther kicked out of the church. But he didn't go alone. Others agreed with him, and after his death those who agreed with Luther became known as Lutherans and also as Protestants. Every Protestant church traces their roots back to this moment in history.

Why Does Reformation Sunday Matter?

October 31st, 1517 was a long time ago. Why does it continue to matter and be remembered in our churches today?

1. Reformation Sunday gives us a chance to tell our story – a chance to remember.

We all have a family story – how we got to this point in history. Stories about parents and grandparents, about the things that have shaped our families over the years. Reformation Sunday is a day when we remember and re-tell the family stories of our faith. Stories about men and women who came before us and taught us about the faith. Stories about people who risked everything so that we would be able to gather and worship in the manner that we do.

2. Reformation Sunday reminds us of the most important things.

Throughout the year we preach about many things in church. About how we live our daily lives, the choices we make, the habits of our faith. On Reformation Sunday we are brought back to the most important thing – the thing that compelled Luther and others to risk their lives. On Reformation Sunday, we return to the core of our faith: ***God loved us first, and God continues to shower us with grace and mercy.***

3. Reformation Sunday challenges us to do better

Through re-telling our story and returning to the core of our faith, Reformation Sunday prods us to do better. We are called to be more loving and grace-filled, because God was gracious and merciful to us. We are called to repent of the times that we have placed barriers that have kept others from hearing the Good News. We are called to remember that all that we are is a gift from God.

In the church in Wittenberg where Martin Luther preached, there is a wonderful painting. In it Luther stands in the pulpit on the right hand side, and the people stand on the left. In between people and the preacher is Christ on the cross. Reformation Sunday is a reminder that this is the bedrock of our faith – the grace and mercy given to us in Jesus Christ. Keeping the most important thing in the center of the picture is the only hope for our faith and for this community that we call "church."

Happy Reformation Sunday!

With thanks to Spirit of Joy Lutheran Church, The Woodlands, TX.

HAPPY HELPERS

By Forrest Diehl

Marlene and I just returned from a 12-day, 1700-mile RV trip – mostly in Oregon. We made the journey with friends (Mike & Cheryl), whose RV we followed most of the way. We were blessed with sunny skies and safe travels (we did have a couple of rainy days – but I don't think one can travel the Oregon coast without a little rain, sometime/somewhere). Our first stop was at a campground near Terrebonne, OR (Crooked River Ranch RV Park) - after spending a night at the Maryhill Peach RV Park, near Biggs, OR. Wow, there is really a lot to see in that area (Redmond, Sisters, Bend)! Nearby, at the Skeen Ogden Bridge over the Crooked River, we watched bungee jumpers flirting with the laws of physics. The jumpers were tied in a body harness, rather than being tied to their ankles. I was told a jump into the 500-foot gorge cost \$150, and two consecutive jumps, \$250 (not that I inquired at the business – we talked to one of the “risk-takers”). We spent three days in the area and visited Smith Rock State Park, Tumalo Falls (a beautiful 97-foot water falls located on Tumalo Creek in the Cascade Range, west of Bend, OR), Cline Falls, Sahalie Falls, Dee Wright Observatory (an observatory that was built in 1935 [just off the McKenzie Hwy], no longer in use, and gives an excellent view of about 65 square miles of black lava rock that reminded us a lot of the Craters of the Moon Park in Idaho), and Pilot Butte in Bend (an extinct volcano than one can drive to the top and gives an excellent view 500-ft above Bend and the surrounding plain) . While making all the aforementioned visits the Three Sisters Mountains (North, Middle, and South), Mount Jefferson, Mount Washington, and others were silently watching over our travels and clearly visible. From the Crooked River Ranch RV Park, we travelled south on Hwy 97 and camped at Diamond Lake RV Park, located just north of Crater Lake National Park. During our visit to the National Park, the next day, we were rewarded with clear skies, no smoke, and a beautiful view of Crater Lake, Wizard Island, and the Phantom Ship. We stopped at most of the west and south overviews along the rim of the ancient volcano, Mount Mazama. A park ranger was at one of the overviews. He was very informative and showed us Mt. Shasta in the distance, clearly visible without binoculars. He said it was the first time he had seen the mountain this year – mostly because of being obscured by smoke from the California and Oregon forest fires. At midday, we turned our attention from Crater Lake to the Rogue River / Umpqua Scenic Byway. Even though we only travelled a small portion of the byway, we got a delicious taste of its beauty and majestic presence. I found the Rogue River gorge (a length of about 2 city blocks, where the Rogue River seems to turn sideways and flow through a gorge, only about 50-ft wide, and who knows how deep...) and the Rogue River Natural Bridge (a stretch of about a quarter of a mile where the Rogue River flows underground through a lava tube) most interesting.

From Diamond Lake, we travelled west to the Oregon Coast. You had probably heard or read about the forest fires this year (and last) in the Umpqua National Forest. Our route took us through this area and we saw the aftermath of the devastation that took place. There was still smoke in the area and a lot of salvage logging going on.

HAPPY HELPERS-Continued

On our way to Florence, OR we stopped at the Dean Creek Elk Viewing Area, near Reedsport, OR. We watched numerous elk, mostly in groups (primarily groups of the same gender) of about 5 - 20. At one point, we saw a bull elk leave the group of bulls he was with, and visit a group of cows and calves, where there was also a bull (which we hadn't noticed until the arrival of the visiting bull). The two bulls did some posturing at a distance from each other, but there was no confrontation. They soon returned to grazing. Along the Oregon Coast, we camped at RV Campgrounds near Florence and Lincoln City. The highlights of that portion of our trip were our visits to: 1) Heceta Head Lighthouse, 2) Oregon Coastal Dunes, 3) Alder House Glassblowing Shop, located outside Depoe Bay, and 4) of course, all the beautiful Oregon coastal beaches along the way (take your pick).

The last phase of our trip was spent in a campground near Castle Rock, WA. From there we made a day trip and visited Mt. St. Helens National Park. The morning clouds and fog somewhat dampened our spirits on the day of our visit, but by midday, the skies cleared and we had a day of wonderful viewing of Mt. St. Helens and the surrounding area. Although most of the services were closed, due to COVID, the areas were still accessible and open to viewing. We attended an excellent 30-minute park ranger presentation at an outdoor amphitheater, located on Johnson Ridge. I was surprised to hear all that the scientists are learning about the natural restoration processes going on in the Park and surrounding area. I found it most interesting that mountain goats are now migrating to the Mt. St. Helens area. The blast zone of the volcano is now covered in shrubs and wildflowers that, evidently, make a perfect habitat for mountain goats. Since 2014, mountain goats have been observed in the area (first time – ever...) and seem to be thriving. Although I did not see any mountain goats (with binoculars), Mike, Cheryl, and Marlene did. All of us delighted in seeing (with binoculars) many groups of elk in the valley hillsides/hinterlands.

We travelled home via Hwy 12, through Yakima, Ellensburg, and west to Spokane. As we were motoring through the White Pass, Mt. Rainier and Mt. Adams were playing peek-a-boo with us through the treetops and valleys. It was a great trip and I would recommend it to everyone. I offer this RV trip summary as a testament of how fortunate we are to live in the Pacific Northwest and the beauty and majesty of God's green earth!

Here are the maintenance and upkeep things that took place at Advent during the month of September (that I know of): winterized the kitchen swamp-cooler, located on the roof (**Ken Otteman**); donated ice melt to church and Child Center for winter use (**Bob & JoAnn Dunlap**); pruning, weeding, and tiding-up in the outside courtyard (**Karen Nelson, Jodi Meddock**); removed a hung-up dead branch from tree limbs above west entrance that posed a threat to fall on vehicle/person (**Heidi Perry**); trimmed bushes and shrubs, Broadway Campus (**Dave & Sharon Cook, Pastor Matt**); donated church's recycling monies to Happy Helper dedicated fund (**Roger Schueurer**); etc.

Finally, with Fall arriving, I would ask you all to keep an “eye out” for fallen leaves on the grounds of our church (especially the four trees located along the south western portion of our building (Child Center). Any and all help in keeping our sidewalks, parking lot asphalt/curbs and lawn free of leaves would be greatly appreciated. **Thank-You!**

PARISH NURSE

By Debbie Martin, RN, Parish Nurse

As all of us are aware about the increase in COVID-19 cases, the Department of Health expects an even more increase in cases in October. This article has defined some preventive measures. Interestingly. Thank you and God Bless.

MONOCLONAL ANTIBODIES FOR HIGH-RISK COVID-19 POSITIVE PATIENTS

If you've tested positive for COVID-19, one of the first questions you may have is, *What can I do to reduce the risk of getting sicker?* The good news is, there are treatments that may reduce that risk. Depending on your age, health history, and how long you've had symptoms of COVID-19, you may qualify for a promising form of treatment for the disease. It's called monoclonal antibody (mAb) treatment.

PARISH NURSE-Continued

Some early evidence suggests that mAb treatment can reduce the amount of the SARS-CoV-2 virus (the virus that causes COVID-19) in a person's system. This amount is known as viral load. Having a lower viral load means you may have milder symptoms thereby decreasing the likelihood of you needing to stay in the hospital.

mAb treatment may help people who:

- Have a positive COVID-19 test, and had symptoms for 10 days or less
- Are at high risk of getting more serious symptoms

Have symptoms, but no healthcare provider? Call the Combat COVID Monoclonal Antibodies Call Center at **1-877-332-6585**.



INDIVIDUALS 12 OR OLDER MAY QUALIFY FOR A MONOCLONAL ANTIBODY TREATMENT IF THEY HAVE CERTAIN AGE-BASED RISK FACTORS

AGES 12-17	AGES 18-54	AGES 55-64	AGES 65 OR OLDER
Obesity* Diabetes Chronic kidney disease A condition or are taking medication that weakens the immune system** Heart condition that is congenital or acquired such as heart failure, cardiomyopathies, and possibly high blood pressure (hypertension) Sickle cell disease A developmental condition like cerebral palsy Daily medicine for asthma or another long-term lung disease Dependent on regular use of medical technology like a ventilator or feeding tube	Obesity* Diabetes Chronic kidney disease Heart condition such as heart failure, cardiomyopathies, and possibly high blood pressure (hypertension) Pregnancy A condition or are taking medication that weakens the immune system** Dependent on regular use of medical technology like a ventilator or feeding tube	Obesity* Diabetes Chronic kidney disease A condition or are taking medication that weakens the immune system** Heart or circulatory disease High blood pressure A long-term lung disease like chronic obstructive pulmonary disease (COPD) or asthma Dependent on regular use of medical technology like a ventilator or feeding tube	Anyone 65 or older qualifies

*Obesity is defined as: 18 or older with a body mass index (BMI) of 35 or above or for 12-17 year olds with a BMI above the 85th percentile for their age and gender based on Centers for Disease Control and Prevention growth charts.

**Up to the individual healthcare provider's judgment.

PARISH NURSE-Continued

WHAT TO DO IF SOMEONE IS SICK IN YOUR HOUSEHOLD



Life has to continue even where COVID-19 is spreading.

Here's how to stay safe.

1 ISOLATE THE SICK PERSON

Prepare a separate room or isolated space, and keep distance from others.



Keep the room well ventilated and open windows frequently.



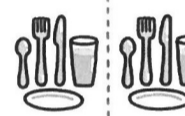
2 REDUCE CONTACT WITH THE VIRUS

Identify one household member to be the contact person who is not at high risk and has the fewest contacts with people outside.



Wear a medical mask if in the same room as the sick person.

Use separate dishes, cups, eating utensils and bedding from the sick person.



Clean and disinfect frequently touched surfaces.



3 TAKE CARE OF THE SICK PERSON

Monitor the sick person's symptoms regularly.



Pay special attention if the person is at high risk for serious illness.



Ensure the sick person rests and stays hydrated.



! DANGER SIGNS



Call your healthcare provider immediately if you see any of these danger signs:

- Difficulty breathing
- Confusion
- Loss of speech or mobility
- Chest pain

REMEMBER, IT'S ALWAYS SAFER TO



KNOW YOUR RISK. LOWER YOUR RISK.



COMMUNITY OUTREACH

Please keep your food donations coming as the need continues to be great, so let's **"FILL THE SHELF"!!**



ANNOUNCEMENTS

Online Worship:
www.youtube.com/c/adventlutheranspokane

ADVENT CHORAL GROUP

The Advent Choral Group plans to offer special music **Sunday, October 3.**

CAMP LUTHERHAVEN 'POP-UP' STORE

Sunday, October 3rd Camp Lutherhaven will have a 'Pop-Up' shop here after the Worship service so you may purchase items to help support the camperships. **Camp Lutherhaven is celebrating its 75th Anniversary** of encountering creation, creating community, and communing with Christ on the shores of Lake Coeur d'Alene! Help support your camp, and future campers, with new honorary 75 summer gear; a portion of all Trading Post proceeds go towards the campership fund, which helps 63% of campers attend camp for free or reduced cost each year.

MID-WEEK BIBLE STUDY

Wednesday morning Bible Study meets at 10 am with the intention of having in-person class and Zoom available for those who wish to be with us online. We are studying the book of Ezekiel. If you are interested in the Bible Study, please let the Church office know or email Pastor Matt and let him know (adventpastor@comcast.net).

DINNER TO GO

Our 'Dinner to Go' nights for the month of October will be on **Friday, October 8 & 22, from 4pm-5:30 pm.** (Please note the **NEW TIME**). If you are interested, please call the church office at **928-7733** or place your name and the number of meals you wish on the **signup sheet on the table in the Narthex.**

MENU

October 8: Swedish meatballs, rice, mixed vegetables
October 22: Tacos, Spanish rice
(Dinner menus are subject to change depending on availability of food items).

ANNOUNCEMENTS-Continued

MONTHLY LADIES LUNCHEON

Our next luncheon will be **October 9th** at **11:30 a.m.** at **The Max.** Please contact **Gerry O'Rourke** at geraldineorourke4837@comcast.net or **893-0787** by **October 6th** so that a reservation can be made.

"SOCK 'EM" TIME!

"Sock Em" time is here! We will be collecting clean, gently used socks, or new socks during the month of October. Please place your donations in the barrel in the Narthex and the socks will go to 'Blessings Under the Bridge'. Questions? Contact the **Church office at 928-7733.**

MEN'S PRAYER GROUP

The **Men's Prayer group** meets each **Friday** morning at **7:00 am** at **Denny's Restaurant** on Sprague and Pines.

HAPPY PIECEMAKERS

After being dark for almost two years, we are back in full swing again. There was no shipping of the quilts while being dark. This is all changing this year. Our **Quilt Blessing Sunday will be October 10** and shipping on October 16. If anyone would like to purchase a quilt, they can do that on **October 10.** The quilts are 60" x 80" and the price is **\$45.00.** We want to thank everyone who has donated sheets, material, and yarn. They were very welcome!

NEWSLETTER DEADLINE

If you wish to submit an article or announcement for the **November** newsletter, please submit it to the Church office no later than **Friday, October 22nd.**

REFORMATION SUNDAY

Reformation Sunday, October 31: We encourage you to wear **RED** for Reformation! So why do we wear **RED** clothing on Reformation Sunday? We invite everyone to wear the liturgical color **RED** on **Sunday, October 31st,** because **RED** represents the Holy Spirit. Luther believed that the Reformation was a direct result of the Holy Spirit moving him and others to action. This day is a celebration of the Holy Spirit that continues to move us toward the grace and mercy of God even today.

INCOME/EXPENSE INFORMATION

By Bonnie Calhoun

Advent General Fund Income/Expense

	<u>August</u>	<u>Year to Date</u>
Income	22,037.99	217,366.07
Expense	<u>25,697.21</u>	<u>221,223.37</u>
Net	-3,659.22	-3,857.30

Child Center Income/Expense

	<u>August</u>	<u>Year to Date</u>
Income	75,451.55	552,397.22
Expense	<u>66,141.03</u>	<u>520,457.90</u>
Net	9,310.52	31,939.32

Notes for Advent Lutheran Church

- **In August, expenses exceeded income by \$3,659.**
- Average monthly income came in \$2,950 lower than average budgeted monthly income.
- Sunday offerings for January - August 2021 came in \$8,762 lower than January– August 2020.
- Average monthly expenses came in \$2,463 lower than average budgeted monthly expenses.
- Expenses included the budgeted disbursement (10%) of benevolence dollars for the ELCA, Spokane Valley Partners, Maasai Health Systems, and Lutheran Community Services.
- In addition to budgeted operating expenses, the congregation voted to appropriate \$30,000 of reserve funds for the Sullivan Campus roof replacement project. As a result, the current reserve fund balance is \$26,281, which is .9 months of budgeted expenses. It is the goal to maintain one month's of budgeted expenses in reserve (\$30,116).

Notes for Advent Lutheran Child Center

- **In August, income exceeded expenses by \$9,311.** This larger net balance is the result of increased enrollment as well as operating short staffed. The Council approved a pay increase for the teaching staff in August with the hope of attracting applicants.
- Total income for January–August 2021 increased by \$56,136 when compared to January– August 2020. The increase in income is mainly due to Grant income (\$45,100). These Grants are giving the Center time to adjust to the changing enrollment and corresponding staffing demands.
- Total expenses for January-August 2021 increased by \$47,281 when compared to January - August of 2020. This increase is driven by increases in payroll costs due to increases in minimum wage and an increase of staff and administrative costs corresponding with increases in enrollment.
- **The Center has \$77,818 in reserve, which translates to one months of average budgeted expenses. In order to maintain financial health, it is the goal of the Center to reach one month of budgeted expenses in its reserve (\$77,509).**

PEOPLE IN OUR PRAYERS

Church Family and Friends: Covid Pandemic crisis, Loretta Orr's brother Bennie and his wife Linda, Harry Benton, Joeline Boyd, Bud & Betty Jo Cook, Tomas Corsini, Georgia Coulston, Henry Domine, Jim Gunby, Steve & Leigh Hopkins, Arlo & Gwen Huber, Audrey Knuttel, Midge Kiourkas's daughter Jodi, Lexi & Serenity, Connie Luna, Jan Madden, Marlyce Murphy, Pauletto family, Myrna Rehn & her family, Tim O'Rourke, Randy Peterson, Kimberley & Kreagan Shipbaugh, and Olga Underdahl.

For Family Members & Friends Serving in the Military:

1 Lt. Ashley Allingor-Army; CPT Zane Allingor-USAF, CPL Damien Anderson, MSGT Ryan Armstrong, Major Ryan Baker, Majors Megan & Robert Barnwell, SGT Alex Baron, USAF, Capt. Jordon Bolster, CPT Christopher Finch, Robert Guyton, TSG Christine Johnson, CW2 Aaron Lang, Sr. Airman Richard Luna III, MSgt. Duncan McFarlane, Bryan McGoon, SSG Aaron Moeller, Sam Nelson, GySgt. Alex Pohle, AF Staff Sgt. Garytt Shirey, Kurt Strigel, Sgt. Cody Strunks, Colin Wells, U.S. Air Force, Ryan Wells, Master Sgt. AF Nat'l Guard Sarah Meddock, TSG Jason Wood, CPT Michael West, Staff SGT Jacob McKenzie, Capt. Stephen King, Airman Chase Strunk, U.S. Air Force, LCPL Jared Martin, Rafe Rector in Marines, Staff Sgt. Dan Zabriskie in the National Guard, LCPL Breandan LaFontaine, and Airman Justin Wise, US Air Force.

For Family Members & Friends Serving in Mission Fields around the world.

*If you have a **prayer request**, please send an email to the church office at alcpokane@comcast.net or call the church office at (509) 928-7733.*



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WORSHIP SCHEDULE

SUNDAY

Sunday Morning: 9:30 am In-Person and Online
Wednesday Morning Bible Study: 10:00 am

“Called by God’s Grace to Love and Serve”